## What is a Meal?

You must choose at least 3 of the 5
components available for the school
lunch price.

Minimum of $1 / 2$ cup serving of fruit or a minimum of a $1 / 2$ cup of vegetable must accompany a reimbursable lunch

Meat or meat alternate
Choice of Vegetable
Choice of Fruit

Weekly Vegetable Subgroups May Include: Dark green - spinach, broccoli, romaine and

Red/Orange - carrots, sweet potatoes,
tomatoes, red peppers

## Beans/Peas

Starchy - white potatoes, corn,

> and lima beans

Other Vegetables: celery sticks, cucumbers,
cauliflower, green peppers,
green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, $100 \%$ fruit juices and mandarin oranges

## Lunch Prices

Student \$0.00
Adult \$4.73
*MENU SUBJECT TO CHANGE*
General Manager
Katlyn Kirkpatrick
Assistant Manager
Tom Krulack
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| :---: | :---: | :---: | :---: | :---: |
| 1 NO SCHOOL SPRING BREAK | Chicken Nuggets with Dinner Roll <br> (OR) <br> Ham \& Cheese on a Roll Featured Veggies: Seasoned Peas Fresh Vegetables | Whole Grain Pasta with Meat Sauce <br> (OR) <br> Ham \& Cheese on a Roll Featured Veggies: Italian Vegetable Blend Fresh Vegetables |  | Personal Cheese Pizza (OR) <br> Ham \& Cheese on a Roll Featured Veggies: Buttered Corn Fresh Vegetables |
| a Bun <br> (OR) <br> Turkey \& Cheese Craveable <br> Featured Veggies: California Veggie Blend Fresh Vegetables Choice of Fruit Choice of Milk | Chicken Fries Dinner Roll (OR) Turkey \& Cheese Craveable Featured Veggies: Buttered Corn Fresh Vegetables Choice of Fruit Choice of Milk | rkey \& Cheese Craveable atured Veggies: Green Beans | Meatball Hoagie (OR) <br> Turkey \& Cheese Craveable Featured Veggies: Seasoned Peas Fresh Vegetables Choice of Fruit Choice of Milk | Stuffed Breadstick Marinara Sauce (OR) <br> ey \& Cheese Craveable ured Veggies: ced Carrots Vegetables oice of Fruit oice of Milk |
| on a Roll (OR) <br> Yogurt \& Cheese Craveable <br> Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk | ```Walking Taco (OR) Yogurt & Cheese Craveable Featured Veggies: Buttered Corn Fresh Vegetables Choice of Fruit Choice of Milk``` |  | 18 Macaroni \& Cheese (OR) Yogurt \& Cheese Craveable Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk | 19 <br> Cheese <br> Pizza <br> (OR) <br> Yogurt \& Cheese <br> Craveable <br> Featured Veggies: <br> Sliced Carrots <br> Fresh Vegetables <br> Choice of Fruit <br> Choice of Milk |
| Sloppy Joe on a Roll (OR) <br> Italian style Sandwich on a Roll <br> Featured Veggies: California Vegetable Blen Fresh Vegetables Choice of Fruit Choice of Milk | ```(OR) alian style Sandwich on a Roll Featured Veggies: Buttered Corn Fresh Vegetables Choice of Fruit Choice of Milk``` | alian style Sandwich on a Roll Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk | 25 <br> Cheeseburger on a Roll (OR) <br> alian style Sandwich on a Roll Featured Veggies: alian Vegetable Blend Fresh Vegetables Choice of Fruit Choice of Milk | 26 <br> French Bread <br> Pizza <br> (OR) <br> an style Sandwich <br> on a Roll <br> atured Veggies: <br> Sliced Carrots <br> resh Vegetables <br> Choice of Fruit <br> Choice of Milk |
| ```Chicken Pattv on a Bun (OR) Nacho Craveable Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk``` | BBQ Rib Sandwich (OR) Nacho Craveable <br> Featured Veggies: Buttered Corn Fresh Vegetables Choice of Fruit Choice of Milk | (OR) <br> Nacho Craveable <br> Featured Veggies: talian Vegetable Blend Fresh Vegetables Choice of Fruit Choice of Milk | $\begin{aligned} & \text { Alfredo Sauce } \\ & \text { (OR) } \\ & \text { Nacho Craveable } \\ & \\ & \text { Featured Veggies: } \\ & \text { Mixed Vegetable } \\ & \text { Fresh Vegetables } \\ & \text { Choice of Fruit } \\ & \text { Choice of Milk } \\ & \hline \end{aligned}$ | NO SCHOOL IN - SERVICE DAY |

